

# Rural Healthcare Quality Network

A Clinical Forum Newsletter

Rural Healthcare *Quality* Network

## Medical Literature Review

### Infectious Disease

*Question:* Are oral antibiotics as effective as intravenous in the management of pyelonephritis?

*Answer:* Yes. The FDA has approved a 5 day course of Levoquin, 750 mg/day, for the treatment of the pyelonephritis.



### Family Practice/Internal Medicine

*Question:* The ACIP (Advisory Committee on Immunization Practices) recently updated their guidelines to include what vaccine for individuals 60 years of age and older?

*Answer:* Zoster Vaccine  
*Source:* Cochrane Database 2007.

achieved by discharge on steroid therapy for 5-7 days.

*Source:* Cochrane database. 2007

### Nursing Focused Care

*Question:* How can we reduce the pain of nasogastric intubation?

*Answer:* Pre-insertion use of a nasal mucosal vasoconstrictor, topical 4% lidocaine and warming the tip of the tube to increase flexibility significantly reduces pain.

*Source:* Journal of Emergency Medicine. 2007; 33; 61-64.

### Medication Management

*Question:* How long after a single dose of a phenothiazine can a dystonic reaction occur?

*Answer:* Dystonic reactions can occur up to 36 hours after a single dose.

*Source:* Journal of Emergency Medicine, 2006; 31;35.

### Risk Management:

*Question:* Does response to a "GI cocktail" (antacid, lidocaine gel, and an anticholinergic) reliably reduce concern for a cardiac etiology of chest pain?

*Answer:* No. Patients with ACS (Acute Coronary Syndrome) may respond to this medication cocktail with reduced chest pain.

*Source:* Annals of Emergency Medicine. 1995; 26: 687-690.

### Urgent/Emergent Care

*Question:* Should most asthmatics who are discharged after ED care receive short term corticosteroids?

*Answer:* Yes. Reduction of relapse and decrease beta (2) - agonist utilization are

### Practice Pearl:

*Question:* 85% of patients with Bell's Palsy will have complete recovery at nine months. What then is the role of steroids and antivirals in treating this disorder?

*Answer:* Prednisone, (1mg/kg for 7-10 days) given within 72 hours of symptom onset, increased the 85% full recovery rate to 94%. Acyclovir provided no additional benefit. However, patients with severe or complete facial palsy may benefit from velacyclovir (Valtrex).

*Source:* NEJM 357:1598-1607 2007